


Premise - my Essential Nature, as a Human Being, is Love (♥ hold a Newborn ♥). Forgiveness and healing are the removal of anything unlike my Newborn State and the return to the direct experience of Love 24/7/365!

1. I, ♥, have, through denial, trained my CBM* to show me the lie that feelings and my giving up the **experience** of my Essence, Love, are caused by **my trigger, #1A** - _____ (_____) (who or what **seems** to remove me from experiencing myself **AS** Love?) My "mind" is telling me that (he/she/it/they) causes me to feel **#1B** - _____ (My feeling - use a separate sheet for each and recall that all hostility and fear* are from internal corrupt data & indicate my CBM's use of sustained incoherence to build my painful reality) **when they: #1C** - _____

_____ (describe what your "mind" shows you happened) & **BREATHE!**


D. The thought(s) I use to cause this feeling is _____


E. I want to punish them by _____ &/or Self by _____

2. I choose to Love Truth and willingly face and process out all dis-ease producing energies for/from all my relations (generations)! I willingly go through the physical/mental/emotional symptoms of healing 

3. I, ♥, want **#1A** to: (in **positive** words, my **exact** goal for **#1A** is) _____ **BREATHE!!**


4. I choose ♥, my **NEWBORN STATE**, which stirs the ♥ in everyone involved . (Rose & Butterfly Story)

5. **A.** My reality, made of a max of 9 bits of info, out of 10,000 brain cells firing, is a limited picture from my CBM and a result of, "driven" by, my goal - **#3. It is constructed out of corrupt data!** By canceling my goal my replicate mind's* output collapses and gives me direct contact with the denied & dissociated* part of my CBM,* which *projects & blames* others for **its** content (*hallucinates*). I choose to collapse my "mind's" lies by **canceling** (in Aramaic - Shbag*) the goal (driver) for **#1A** to (copy **#3**) **BREATHE** 


B. I invite (in Aramaic - Rookha d'Koodsha*) _____ to incline me toward healing , restore me to my **NEWBORN STATE, LOVE** , heal my denial & capacity to generate **#1B** _____ . Help me open a direct, conscious relationship with and remove the dissociated* & projected parts of my CBM 

6. I now feel _____ and, about **#1C** see that _____

I ask to be shown how I have violated **#3** _____


7. **A Principle of the universe is that by giving, I first get the original!** **#1A** I acknowledge us for creating **TRUTH** and **PERFECT LOVE** ! I choose to structure a truly Loving goal, based on **#3**, toward you  **and, #1A.** I offer to you _____

Draw your feelings:



I release and surrender #1A, my story , feelings , thoughts and punishment to ♥

Draw your feelings now:



I commit to having a Human Life, to living as Love. To help achieve this I do a mass canceling of all the times I wanted #3 from someone

Initials _____

Date _____
Sheet# _____

If "they" are the one with the problem why am I the one with the PAIN?!!

My emotional upset level - BEFORE 0-10 _____

I release my need to make up another story out of these brain cells - to hallucinate proof that I'm right and my fear/hostility based reality is true!!)

BREATHE!!!


My emotional upset level AFTER - 0-10 _____

Successful Worksheet?

DEFINITIONS *CBM - Carbon Based Memory, source of all hostility/fear, a cumulative multi-generational data bank inherited from my generations.
*Replicate Mind - A function of brain cell's replaying corrupt images from generational content - the root of all Why . . . Again?! & disease experiences.
*Fear/Hostility - toxic energies that draw us away from our True Nature - always an indicator of sustained incoherence. An infallible indicator of dissociation that point to the corrupt data at the root (in Aramaic "oota") of the repeating patterns of painful images output from my replicate mind.
*Dissociation - A result of denial, a hidden, separated, unchangeable (while denied) part of the mind referred to as the "unconscious," "heart," or "desert."
*True Aramaic Forgiveness - Shbag - Denial and refusal to be responsible for what happens in our lives leaves us stuck in dissociation/projection and unable to change the replicate mind's content. Shbag, translated as forgive, actually means "to cancel." The tool, in Aramaic, that reconnects us directly with, corrects and integrates dissociated states of mind. A **daily requirement** if one chooses to achieve Love, well-being and longevity!
*Rookha d' Koodsha - A feminine, elemental force in humans that breaks off the effect of errors and teaches me truth. A force for that which is proper for humans, the denial of which leaves me in unforgiveness (- NOT unforgivable!) The "SuperProcessor" that can reach through and heal all generations.
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
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NOTES:

see: "Christian" the lion

My emotional upset level AFTER **-0-10** _____

Successful Worksheet?

BREATHE!!!

NOTES: (definitions are on primary copy)